

July 2006

The Senior Scene Vistas de los Mayores

City of Santa Fe
Division of Senior Services



a complimentary monthly publication

CITY OF SANTA FE, DIVISION OF SENIOR SERVICES**Administration Office****1121 Alto Street, Santa Fe, New Mexico****Patricia Rodriguez, Director****Administration**

Patricia Rodriguez, DSS Director	955-4799
Ron Vialpando, DSS Assistant Director	955-4710
Mary Dean, Administrative Supervisor	955-4777
Gloria Polaco, Program Secretary	955-4721
Sadie Marquez, Reception	955-4741
Liz Williams, Reception	955-4741

Nutrition

Ron Vialpando, DSS Assistant Director	955-4710
Lugi Gonzales, Program Administrator	955-4711
Yvette Sweeney, Administrative Secretary	955-4739
Carlos Sandoval, Inventory Supervisor	955-4749
Enrique DeLora, Inventory Technician	955-4750

Meals On Wheels

Juan Apodaca, Program Supervisor	955-4748
Robert Duran, MOW Assessments	955-4747

Senior Center Programming

Lupita Martinez, Center Prog. Admin.	955-4725
Christine Sanchez-Warren, Prog. Coordinator	955-4715
Cristina Villa, Program Coordinator	955-4733
Carmen Chavez-Lujan, Prog. Coordinator	955-4754

Foster Grandparent/Senior Companion Program

Melanie Montoya, Volunteer Prog. Admin.	955-4761
Louise Kippert, FGP/SCP Admin. Secretary	955-4744

Retired Senior Volunteer Program (RSVP)

Kristin Slater-Huff, Program Coordinator	955-4760
Cristy J. Montoya, Secretary	955-4743
Patricia Moeller, Senior Services Clerk	955-4735

In Home Support Services, Respite Care**Homemaker, Non-Medical Personal Care**

Theresa Gabaldon, Program Supervisor	955-4745
Katie Ortiz, Clerk Typist	955-4746

Senior Olympics/Health Promotion

Carmen Chávez-Luján, Program Coordinator	955-4754
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Senior Registration

Brenda Ortiz, Database Specialist	955-4722
Connie Valencia, Support Staff	955-4734

Transportation**Ride Reservations 955-4700**

Robert Chavez, Transportation Manager	955-4738
Fran Rodriguez, Transportation Dispatcher	955-4702
Linda Quesada, Administrative Secretary	955-4756

Miscellaneous

Lobby Area	955-4735
Craft Room	955-4736
Pool Room	955-4737
Senior Olympics Meeting Room	955-4740
FAX Machine - Administration	955-4797
FAX Machine - Nutrition	955-4794
Conference Room	955-4757

Newsletter Production

Kristin Slater-Huff, Editor
Valerie Chelonis, Graphic Artist
David R. Gonzales, Cover Illustration,
"Adobe House, Santa Fe"

CITY/COUNTY SENIOR CENTERS - For meal times, please call centers.

CHIMAYO	351-4686
Benny Chavez Community Center	
Chimayo, New Mexico 87522	
EDGEWOOD	281-2515
114 Quail Trail	
Edgewood, New Mexico 87015	
EL RANCHO Community Center	455-2195
P.O. Box 3860	
Santa Fe, New Mexico 87501	
ELDORADO	No Phone
1 Hacienda Loop	
Santa Fe, New Mexico 87505	
LUISA	955-4717
Kitchen	955-6898
1522 Luisa St. (enter from Columbia St.)	
Santa Fe, New Mexico 87501	
MARY ESTHER GONZALES	955-4721
1121 Alto St. Santa Fe, New Mexico 87501	
MEG Kitchen	955-4751

PASATIEMPO	
Kitchen	955-6433
664 Alta Vista St.	
Santa Fe, New Mexico 87501	
RIO EN MEDIO Community Center	988-3053
El Alto Lane	
Rio en Medio, New Mexico 87506	
SANTA CRUZ	753-8598
Abedon Lopez Community Center	
Santa Cruz, New Mexico 87567	
VENTANA DE VIDA (Pacheco)	955-6731
1500 Pacheco St.	
Santa Fe, New Mexico 87505	
VILLA CONSUELO	474-5431
1200 Camino Consuelo	
Santa Fe, New Mexico 87505	

DIRECTOR'S REPORT

Dear Seniors,

Our community would not be the great place it is without people who donate their time. Our volunteers truly make the world go around and also discover that the very act of service is rewarding in and of itself. Without you, the services provided to our seniors would surely suffer.

There continues to be a great deal of talk about "Baby Boomers" and whether we are prepared to provide the services they need. I want to reassure everyone that falls into this prestigious group that the Santa Fe Division of Senior Services has been planning and strategizing for years to address the unique needs of the Boomer generation. As a result of our analysis and research, we decided that the most cost effective and efficient way to provide services to this new senior population is to structure programs and projects through our Retired and Senior Volunteer Program (RSVP). We feel confident that the Boomers themselves, as volunteers, are the best qualified to organize and implement projects specifically tailored to the requirements of their peers.

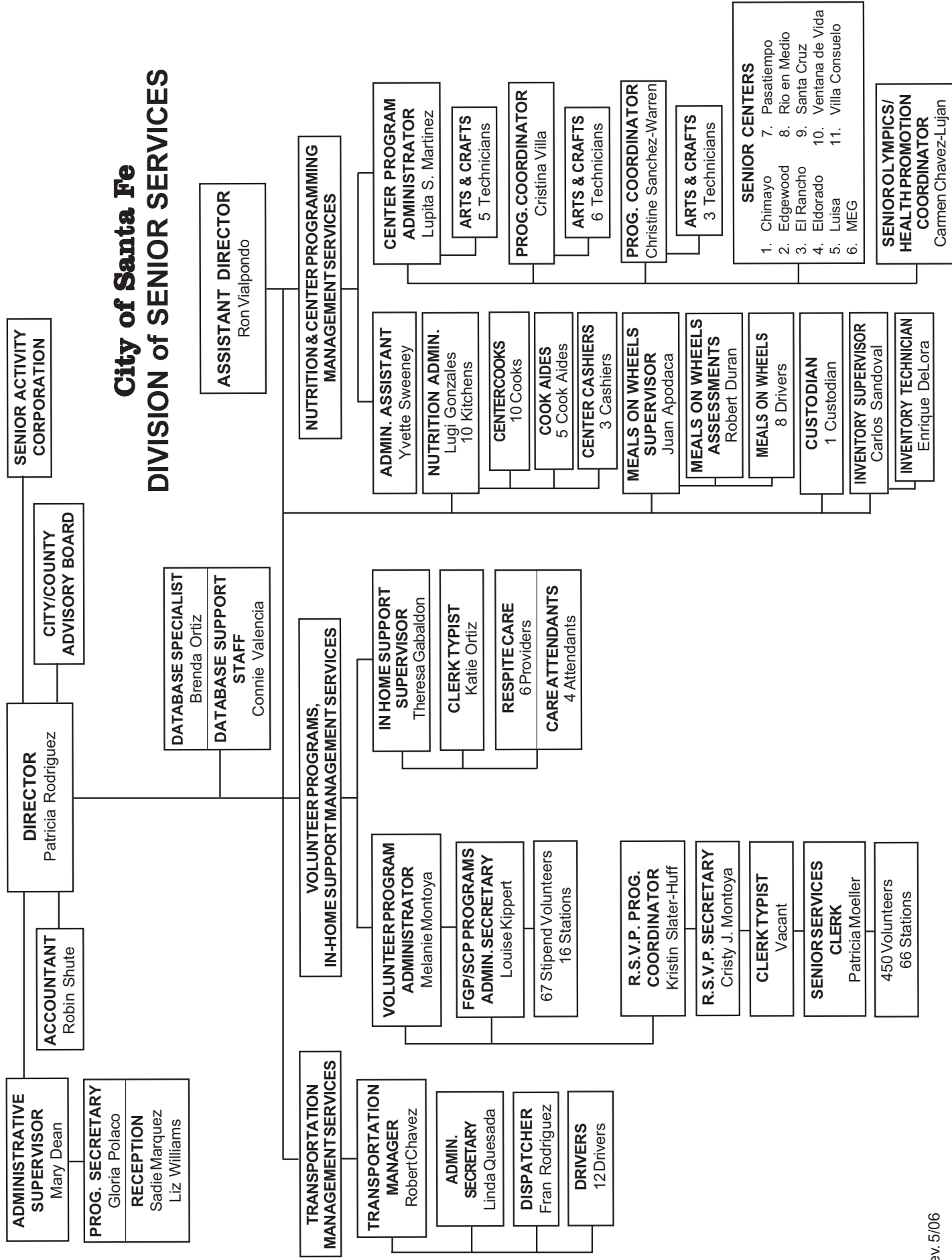
For Boomers interested in participating in these new volunteer opportunities, please contact our RSVP Coordinator Kristin Slater-Huff at 955-4760. Internet savvy Boomers can go to the web site www.joinseniorservice.org for detailed descriptions of most of our 60+ sites for volunteerism in Santa Fe City and County.

My staff and I are very grateful to the approximately 500 seniors enrolled in the Retired and Senior Volunteer Program. Volunteers serve in various capacities – some at senior centers and others at various community-based agencies around Santa Fe County. Thank you so much for continuing to volunteer – for the love of it and to make this a better world for the people you help. Keep up the good work.



May God Bless You All,

Patricia



SENIOR SERVICES PROGRAM INFORMATION

Do you have a Senior Center Membership ID Card?

Anyone who makes use of the programs, transportation, activities or meals provided by the Division of Senior Services should have a Senior Center Membership ID Card. The card is white with the senior's photograph, emergency contact, medication information, and a barcode. The barcode enables us to scan the card when we provide services, so that we can continue to receive funding for our programs. So, it is vital for seniors to get a card and have it each time they use any Senior Services program.

If you do not have a card, please come get one. The card only costs \$2 and \$1 if you lose your card or information needs to be updated.

If you have any questions, please call Brenda Ortiz at 955-4722.

According to the Older American's Act a person **must be 60 years of age or older** in order to be eligible to receive services from a senior program.

The following criteria or exceptions must be met:

1. Be sixty (60) years of age or older; and/or
2. Be the legal spouse of a member sixty (60) years of age or older; and/or
3. Be disabled and living in senior housing- regardless of age (for congregate meals service only), and/or
4. Be an active, registered Retired and Senior Volunteer (RSVP) age 55 or older;
and must
5. Be an enrolled member of the DSS, having obtained a Senior Center Membership I.D. Card.

For individuals who currently possess a Senior Membership I.D. Card, but no longer meet the above eligibility criteria, please contact Brenda Ortiz at 955-4722.

**PLEASE NOTE: The camera for ID cards is out of order.
Call 955-4721 for repair updates.**

SENIOR TRANSPORTATION INFORMATION

Cost: Seniors age 60 or over .50¢ suggested donation per ride (one way trip)
Under 60, but ADA certified, \$2.00 required fee per ride (one way trip).

Eligibility: If you are under 60 and ADA certified, you must contact Annette Granillo in Transit at 955-2002 for transportation services. If you are 60 or over and use a wheelchair, you may contact Annette or call Senior Services Transportation at 955-4700.

Schedule: Rides are available 8:00 a.m. to 2:30 p.m. on Tuesdays, and 8:00 a.m. to 4:30 p.m. on Mondays, Wednesdays, Thursdays, & Fridays.

Rides for medical appointments are given top priority over all other rides.

Rides for personal errands and shopping assistance should be scheduled on Tuesdays and Thursdays. Every 3rd Tuesday rides will only be provided for commodities, medical appointments, and the lunch run.

Contact: Call 955-4700 for all ride reservations.

Ride reservations must be made **at least 24 hours in advance**, before 3:00 p.m.

Ride reservations for medical appointments should be set as soon you are aware of the scheduled medical appointment time. **In order to avoid delays in service, contact our office immediately to cancel scheduled rides.**

Note: Drivers may arrive up to 15 minutes before or after scheduled pick-up time.

NEWS & VIEWS

She Will Be Missed.....

(Submitted by
Aurora Romero)

Esther Romero, age 90, passed away peacefully surrounded by her loving family on May 19, 2006, after a brief illness. Esther was born on April 26, 1916, in Pojoaque, NM. She was a member of the first graduating class of Pojoaque High School and was a member of the Sacred Heart Catholic Church in Nambe.

I have lost a great friend. I remember the great times we had together. The people of the Pojoaque Valley have lost a great friend. I remember, on Saturday mornings along comes Pokey Esther. She would go the Beauty Parlor and then she would stop by my house, and we would have green chili and tortillas. Then we would put on some music on the stereo. We would sing out of tune, to the songs. We laughed and cried together. Esther when you passed away, the gates to heaven opened to greet you.



Thank You, Seniors

The cooks at the Santa Fe City and County Senior Centers would like to send a big "thank you" to all of you who come and join them for breakfast or lunch. They love their jobs because of you!

AARP Defensive Driving Classes

Sign up now for AARP's 55 Alive Defensive Driving Classes. These mini-courses meet for two half-days (from 1:00 to 5:00 p.m.) to go over safety tips for seniors on the road. Many insurance companies in New Mexico give discounts to individuals, age 55 or over, who take the course. You must attend both days to complete the course and obtain a certificate.

The fee is \$10, to cover materials. Classes meet at the Mary Esther Gonzales Senior Center at 1121 Alto Street in Santa Fe. To register, call Herb Harris, Assistant State Coordinator for 55 Alive Defensive Driving, at 471-7043.

The next session is: Tuesday, October 10 and Thursday, October 12.

Share Your Hearing Aid Experiences

Senior activist Stanley Rosebud Rosen is preparing an article dealing with peoples' experiences in purchasing and using a hearing aid. To share your story, call him at 473-4454 or email at strutrose@msn.com.

July Events in Santa Fe

- Fourth of July: Join the crowd for fun, entertainment, and pancakes on the plaza. The pancake breakfast is sponsored by United Way. 982-2002. Fireworks display Santa Fe High School approximately 9:30 p.m.
- Spanish Market: The Museum of Spanish Colonial Art presents Spanish Market July 29-30 and December 2 & 3, 2006. Call 505-982-2226 or go to www.spanishcolonial.org

Stories of Santa Fe and Northern New Mexico

Bob Wolf, Director of Free River Press and facilitator of the recent writing workshops, has been working hard at editing stories of the participating seniors. The book is almost ready for printing! Be sure to look to future newsletters for updates on when the books will be available for purchase. Thank you, Bob Wolf!



Pasatiempo Senior Center Committee

We are looking for seniors to be part of the Monthly Senior Center Committee to help plan events and discuss issues to make Pasatiempo a pleasant and inviting senior center for all. Anyone is invited to participate – the more, the merrier! We meet on the first Monday of each month at 1:30 p.m. We hope to see you there!

(Note: Each senior center has a committee. Please refer to the 2006 City of Santa Fe, Division of Senior Services Programs & Calendar for exact dates and times, or call 955-4721.)

NEWS & VIEWS

Outstanding Senior: Andrew Medina

Andrew is a volunteer at the Bennie Chavez Community Center (Chimayo Senior Center). He has been volunteering there for about four years. In November 2005, he became an active RSVP volunteer. He is a friendly, outgoing and kind gentleman.

Andrew helps the cook Lillian set up tables, wash dishes, clean, serve, cashier, and peel potatoes and much, much more. He enjoys helping others with whatever he can. He helps out the disabled seniors by carrying their trays, decorates the center for every holiday, and often puts a smile on a senior's face. He volunteers at the center Monday, Tuesday, and Wednesday from 9:00 a.m. - 2:00 p.m. On Thursday and Friday mornings, he helps out his mother with yard work, which consists of pulling weeds, picking up leaves, etc. At around 11:00 a.m. he goes to the center and help out Lillian.

When he is not at the center he helps his neighbors by taking them to the store, bringing in groceries, etc. He also volunteers at the churches.

Andrew was born in Sandia Base. He attended grade school at John Hyson, Junior High at McCurdy, and graduated High School from Manual in Albuquerque in 1969. He went to UNM for two years. Andrew has one son, one daughter and two granddaughters.

Senior Center Closure

In honor of Independence Day, all Senior Centers will be **closed on Tuesday, July 4th, 2006**. There will be no congregate meals, no Meals on Wheels, and no Transportation. Regular services will resume on Wednesday, July 5th.



Dear St. Ann

(Submitted by senior
Aurora Romero)

Send me a man,
as fast as you can!
If he should die,
send me another.
Maybe his brother.

Board Outreach Program

The Santa Fe Senior Citizens Advisory Board has begun an Outreach Program. The following Advisory Board members will be at the following Senior Centers to provide assistance, address concerns, or help any senior citizen. Anyone wishing to confer with the respective Board Member assigned to a particular Senior Center can either ask for an appointment or drop in.

Mary Ester Gonzales Center

- Every Monday, 9:00 a.m. to noon, Advisory Board Chairman Andres Romero
- First Tuesday of every month 9:00 a.m. to noon, Adv. Board Secretary Virginia Lucero

Chimayo Center

- Second Tuesday of every month, 9:00 a.m. to noon, Tony Rivera

Edgewood Center

- First Monday of every month, 9:00 a.m. to noon, Robert Pavia

El Rancho Center

- First Wednesday of every month, 9:00 a.m. to noon, Laura Lujan

Eldorado Center

- First, second and fourth Wednesdays, 11:30 to 12:30, Phyllis Dickens

Luisa Center

- First Wednesday of every month, 11:00 a.m. to 1:00 p.m. Art Baca

Pasatiempo Center

- First Thursday of every month 9:00 a.m. to noon, Advisory Board Vice-Chair Don Bell

Rio En Medio Center

- First and Third Tuesday of every month, 9:30 to 12:30, Robert Fernandez

Santa Cruz Center (Abeldon Lopez)

- Third Tuesday of every month, 9:30 a.m. to 12:30, Andres Romero

Ventana de Vida Center

- Second Monday of every month, 9:00 a.m. to 12:00, Mary Louise Giron

Villa Consuelo Center

- Third Thursday of every month, 9:00 a.m. to noon, Joyce Montoya

NEWS & VIEWS



Recycle Your Old Phone Books

Keep Santa Fe Beautiful Inc. is again teaming up with City of Santa Fe Solid Waste Division and the Buckman Road Recycling & Transfer Station to encourage residents in Santa Fe to recycle their old telephone books. Recycling ends July 21, 2006.

Residents can take their old telephone books to any of the following locations:

- Buckman Recycling & Transfer Station, 1686 Paseo de Vista
- Fort Marcy Sports Complex, 490 Washington Ave.
- Oliver LaFarge Branch Library, 1730 Llano St.
- City of Santa Fe Siler Road office complex, 1142 Siler Road (in front of Solid Waste Management Division offices).

Keep Santa Fe Beautiful Inc. is a not-for-profit volunteer organization that promotes environmental awareness, recycling and beautification. They sponsor the annual Great American Spring and Fall Clean-Up days, the Adopt-a-Median and school recycling programs, the Waste-in-Place program in local schools, the Keep Santa Fe Beautiful Golf Classic, the Giving Tree program to encourage residents to purchase live trees during the holiday season, and a number of other programs.

For more information, call Gilda Montañó at 955-2215 or write to gjmontano@ci.santa-fe.nm.us by electronic mail.



New Mexico Conference on Aging

Plan to attend this year's Conference on Aging, organized by the N.M. Aging & Long-Term Services Department, August 15, 16 and 17 at the Glorieta Conference Center.

There will be over 85 different workshops in 6 workshop tracks: The Aging Network, Conscious Aging, Health & Wellness, Public Benefits & Advocacy, Care Giver Support & Long Term Care, and Productive Aging and Economic Security.

Other activities abound throughout the three days. There will be a choice of two round table discussions on Tuesday and two on Wednesday, during lunch. Continuing Education Units (CEUs) are pending approval. There is an Art Break area with ongoing projects, which allows you to explore your untapped talents. An all-day health fair will be set up on Wednesday with services to include blood pressure screening, bone density testing, massage therapy, brown bag prescription drug assessment (bring all your prescriptions to check for possible contra indications), blood sugar screening, fitness testing, nutrition information, and more. The Respite care room will be open all day, every day. You will have an opportunity to meet many professionals and seniors and in learning, discussion and social environments. Evening hours keep many active as they dance the night away or relax in the serene environment.

Some scholarships are available to attend the conference each day. If you are interested in a scholarship for registration and lunches, please call the RSVP office at 955-4760.

For more conference information, or to receive a registration packet, call toll-free (866) 842-9230.

NEWS & VIEWS

Are you Having Trouble Paying for Your Food?

The following services are free or for a suggested donation only:

Commodity Distributions:

E.C.H.O. Commodities - For age 60+ or mothers pregnant or with child 5 or under.

Must be income eligible. Third Tuesday, each month, 9:30 a.m.-1:30 p.m. At Santa Fe County Extension Bldg. 3229 Rodeo Rd. Call: 1-505-242-6777

Food for Santa Fe- No qualification requirements. Thursdays, 7:00 a.m.- 9:00 a.m.

At 1222 Siler Road. Just drive up, behind Coll/Green/Angel Depot Bldg.

TEFAP- Must be income eligible. No age requirements. St. John's Methodist Church 1200 Old Pecos Trail. Odd months, 4th Wed. 8:30 a.m. - 3:00 p.m.

Bienvenidos Outreach-Grocery pick-up Tuesday, Wednesday, Thursday 1:00-3:00 p.m. You must have ID and proof of N.M. residency. Groceries for the homeless, Monday - Thursday all day. At 1219 Luisa Street Suite 3, off Cordova. Call 986-0583

Meals at Meal Sites:

Bienvenidos Outreach Program for the Homeless- Lunch every Sunday 12:00-1:00 p.m. at Ashbaugh Park, by the fire station on Cerrillos Rd. For info, call: 986-0583.

Congregate Meals at Senior Centers- For age 60+ with Senior ID card. Monday-Friday Lunch 11:00 a.m.-12:30 p.m. \$1.50 donation. Breakfast 7:30-8:30 a.m. \$1.00 donation. For sites & more info, call 955-4739.

Salvation Army- No eligibility requirements. Monday-Friday Breakfast 8:00-8:30 a.m.

Dinner 5:00-5:30 p.m. At 525 W. Alameda. Call 988-8054 or 988-5715.

St. John's Soup Kitchen- Lunch Monday-Friday 11:45 a.m.-1:00 p.m. No eligibility requirements. Donations appreciated. At 1308 Chama Ave (at Osage & Cerrillos, behind St. John the Baptist Catholic Church). Call 982-9080.

Meals for the Homebound:

Kitchen Angels- Must be in medical crisis, homebound, under 60 years old. Hot dinners delivered to your home. For info call 471-7780.

Meals on Wheels- Must be 60 or over & homebound. \$1.50 donation requested. Hot lunches served Monday-Friday. For info, call 955-4748.

We must keep in mind that virtually all staff who assist with commodity distribution, meal service, preparation or meal delivery are volunteering their time for the good of the community. Please let them know how much their help means.

July ECHO Commodities Food Distribution

At the County Extension Bldg.
3229 Rodeo Rd.

Third Tuesday
of every month
9:30 a.m. - 1:30 p.m.

Next Distribution July 18.

Call 505-242-6777 for information.



Energy Employees' Compensation Resource Center (EEOICPA)

The EEOICPA was enacted to provide compensation and medical benefits to current or former civilian employees who worked at certain government or privately owned facilities where atomic weapons were produced or tested.

As of December 2004, the U.S. Department of Labor paid out \$81 million dollars in New Mexico in compensation and medical benefits to nuclear weapons workers or their survivors under Part B of the EEOICPA. Under Part E, \$4.5 million dollars has been paid out in New Mexico in compensation and medical benefits.

For detailed information about the requirements of the law and to assist you with the completion of necessary forms, please attend one of the presentations listed below, or call toll-free at 1-866-272-3622, or visit their website at www.LHSFNA.org

Santa Cruz: Tuesday July 18th 11:00am

Villa Consuelo: Wednesday, July 19th 11:30am

LEGAL & CONSUMER INFORMATION

Be Tire Smart

(From *New Mexico Senior Citizen News* April, 2006)

If the high price of gas has got you down, then check out these tire care tips courtesy of the Rubber Manufacturers' Association.

1. Keep a pulse on tire pressure. Use a tire gauge to check your tire pressure at least once a month.
2. Pesky potholes. Hit a pothole and you might notice your car pulling to one side. Check the alignment to prevent irregular wear.
3. Help tires last. Rotate tires every 6,000-8,000 miles to help your tires wear evenly and to maximize tire longevity.
4. Bald ain't beautiful. Bald tires are dangerous! Place a penny in a tire tread groove upside down. If you can see all of Lincoln's head, it's time for a new tire.



Benefits Counseling

The New Mexico Aging and Long-Term Services Department offers free, unbiased information from trained volunteers and staff to help determine whether seniors are receiving all the benefits they have earned and are entitled to.

Benefits include issues regarding managed care, residents' rights, Social Security, utility bill payment assistance, prescription drug coverage, emergency prescription assistance, low-cost health care, hearing aids, and dental care, legal problems, and much more.

For more information call them toll-free, statewide at 1 (800) 432-2080. Trained staff and volunteers are available every weekday 8:00 to 5:00 to assist you.



Getting a Replacement Social Security Card

(From *New Mexico Senior Citizen News* April 2006)

To get a replacement card, you will have to fill out an application for a Social Security Card (Form SS-5) and show them certain documents.

What document can you use? To prove identity, an acceptable document must be current (not expired). It must show your name, identifying information (date of birth or age) and preferably have a recent photograph. For example, they would accept a U.S. driver's license or passport, or a state issued non-driver identification card. If you do not have one of these documents or cannot get one within 10 days, they will ask to see other personal identity documents, such as an employee ID card, a school, health insurance card, a U.S. military card or an adoption decree. Non-citizens must provide documentation to prove legal immigration status and work authorization.

It is very important to remember that all documents must be either original or copies certified by the issuing agency. They cannot accept photocopies or notarized copies of the documents. They will mail your replacement Social Security card and number to you as soon as they have all of your information and have verified your documents. It is very important to keep in mind that you are limited to three replacement cards in a year and 10 during your lifetime.

If you would like to get more information about how to get a replacement card, go to www.socialsecurity.gov/ss-number. If you do not have access to the Internet, you can call their toll free number at 800-325-0778.

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

COMMUNITY NEEDS

The following are volunteer positions, and each comes with training and support. If you are interested in any of these exciting opportunities, please call Kristin Slater-Huff in the Retired & Senior Volunteer Program office, at 955-4760. We will enroll you in RSVP, provide you with free insurance, and give you volunteer support through banquets, gifts and mailings while we set you up in the volunteer job(s) of your choice.

Do you want a meaningful volunteer experience that can truly make a difference in the community? Why not work with **Youth Shelters and Family Services** in its outreach to at-risk and homeless youth? They are looking for caring people interested in direct service for their shelters, including; serious **food lovers** for their Kids Can Cook program; and knowledgeable assistance with development/funding, human resources and public relations. This work makes a huge contribution to the quality of life in Santa Fe.

For more information, check out their website at: www.youthshelters.org



The **Alzheimer's Memory Walk** is happening Saturday, September 23 in Santa Fe. Volunteers will be needed to help register teams, give out prizes, and generally make the event run smoothly.

If you have ever known anyone with dementia or Alzheimer's disease, you know how important services are. This event raises much-needed funds for Alzheimer's disease.

Please commit to this one-day event.



The Santa Fe **Meals on Wheels** program has been serving hot lunches to frail, homebound elderly Santa Feans for years. Every year, over 100,000 meals containing at least 1/3 of the USRDA are delivered within Santa Fe County.

Volunteers and staff cook, pack and deliver the meals. The work is Monday through Friday mornings, about 4 hours a day, although volunteers are welcome to choose just one or two days a week to work. Each driver has a scheduled route and they get to know their clients, so it is a very rewarding volunteer job.

Looking for a volunteer activity in your retirement? The Santa Fe Rape Crisis and Trauma Treatment Center's **Amigas en Acción** and **Project AWARE** programs are seeking English, Spanish, and Bilingual volunteers who enjoy working with children.

Amigas en Acción is a three year old puppet show performed by volunteers in Santa Fe County Public schools and Headstart programs. Three child-like puppets, Carmela, Marcos, and Kathy, talk with the children about the difference between "good" and "bad" touches, 5 steps to protection and that *they* (the children) are in charge of their bodies. No prior performance experience is required and training is provided.

Project AWARE is an interactive, age-appropriate child sexual abuse prevention curriculum taught by volunteers in 4th grade classrooms throughout Santa Fe County. Volunteers receive training on teaching techniques and child sexual abuse prevention as well as support throughout their commitment.

Daytime availability is essential to participate in these programs. Every volunteer will receive a background check. Team meetings are held to support each other and enhance your teaching. Help prevent child sexual abuse, empower children and make a difference in your community by joining **Amigas en Acción & Project AWARE!**

RSVP THE RETIRED AND SENIOR VOLUNTEER PROGRAM

Volunteers and Confidentiality

We don't take time to talk about this very often, but the issue is worth addressing.

Of course, you know that if you are an employee at a top-secret business of some sort, you keep work at work and do not talk about it in public. But really, the same should be the case for a lot of volunteer work that people do. Most obvious are examples like not repeating the name of a victim if you volunteer at a crisis center or not giving out a credit card number of a customer if you cashier at a shop.

However, confidentiality should extend much further than that. We should not yell across the room "Hey, I hear you have been learning to read-how is it going?" or tell a friend "I have not seen that guy since I handed out commodities to him last month" or even "When I was helping at the nursing home yesterday, I noticed Mr. _____ had bed sores, poor thing" or "You know, for someone with that expensive car, you would think she could pay for her lunch instead of just signing her name."

Volunteers, please, whether you are in public or at home, do not mention names of anyone you provide services to and do not talk about specific cases in such a way that others could guess who you mean. Be very aware that you have the honor of serving a vulnerable population and always remember the golden rule.

Thank you, volunteers.

New Mexico Conference on Aging August 15, 16 and 17 in Glorieta

There will be over 85 different workshops, four roundtables, three keynote speakers, Art Break, a health fair, the respite room, an evening dance and a play, and information, snacks, performers and activities all day.

Some scholarships are available to attend the conference each day. If you are interested in a scholarship for registration and lunches, please call the RSVP office at 955-4760.

For more conference information, or to receive a registration packet, call toll-free (866) 842-9230.



Birthdays this Month

The Retired and Senior Volunteer Program
wish a very happy birthday to our RSVP
volunteers born in the month of

July

Gerry Bushrow	7/1	Salome C. DeAguiro	7/16
Carolyn Shaw	7/1	Carmen Sanchez	7/16
Mary Louise Mayhew	7/2	Carole Baskes	7/17
Vera Pacheco	7/3	Gen Lopez	7/17
Joyce Edgar	7/4	Maynard Chapman	7/18
Sammie Morgan	7/4	Tillie Garcia	7/18
Bob Kurth	7/5	Helen R. Lujan	7/18
Lorraine Graham	7/6	Frank Sena	7/18
Gretchen Ann Terry	7/6	Sister Mary Jo Maes	7/20
Rosie McKim	7/7	Susana A. Montoya	7/20
Michaela Gallagher-	7/8	Evelyn Black	7/24
Gonzales		Charles Wheeler	7/24
Anita Alarid	7/9	Esther R. Vigil	7/25
Esequiel Marquez	7/9	Sylvia Farber	7/26
Antoinette Parkhurst	7/9	Peter B. Quintana	7/26
Stella R. Duran	7/10	Josie B. Romero	7/27
Arthur Hemmendinger	7/11	Ruth Millam	7/29
Petrita Valdez	7/12	Michaela Shelly	7/29
Louis Des Georges	7/13	Valencia	
Dora Gonzales	7/15	Consuelo Garcia	7/30
Henrietta Tapia	7/15	Jo An Riter	7/30

Have a Great Day!

FOSTER GRANDPARENT & SENIOR COMPANION PROGRAMS



Rose Mae Garcia has been with the Foster Grandparent Program for nineteen years. In 2002, she was a recipient of the United States President's Volunteer Service Award. She began the program volunteering at Carlos Gilbert Elementary School, also volunteering at Saint Anne Catholic School, Alvord Elementary and Gonzales Elementary where she has had the longest stay. She enjoys being in the program because she likes working one-on-one with the children where her specialty is reading. During the summer while school is out, Rose Mae has volunteered at the Santa Fe Public Library and various youth programs. She feels that it is important to keep kids reading during the summer so that they will be ready for school in the fall.

Rose Mae was born in Santa Fe and has lived here most of her life. She is fluent in American Sign Language and is able to assist our dining room helper Jacob with interpreting. She remembers her parents losing their hearing due to Scarlet Fever. During her younger years, she worked at St. Vincent Hospital where she helped out in housekeeping. The majority of her life she spent being a housewife and raising her children. She has one son living in Santa Fe, one deceased son and two daughters residing here in Santa Fe. One of her fondest memories of "old" Santa Fe was the development of St. Francis Drive. Her father was asked to sell his house so that developers could knock it down to begin construction on the new road. She also mentioned that throughout the years, she has seen a tremendous number of tourists coming to Santa Fe and buying summer houses, because everyone loves Santa Fe!

During the recent school year, her teacher Ms. Romero said the following. "I enjoy Rose's company in the classroom. She has assisted in the advancement of her assigned children." We hope that Rose Mae stays with the program for many years to come and we thank her for the time she offers to the children of our community.



Foster Grandparent **Sylvia Farber** models a cabin she helped her second grade class create using measurements.



The Volunteer Programs wish a very happy birthday to our FGP and SCP volunteers born in the month of JULY.

Josie Avila	7/6	Catalina Ortiz	7/24
Erminia Garcia	7/6	Rosina Tapia	7/24
Joan Baca	7/9	Annie Cardenas	7/26
Rod Bayardo	7/10	Sylvia Farber	7/26
Mary Lucero	7/22	Dora Vigil	7/27

Thank You Volunteers!

ACTIVITIES *schedule by center*

**All activities are free of charge and open to eligible seniors with a senior center membership ID card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.**

Weaving Open Crafts Ceramics Shopping/Errands	CHIMAYO Monday Tuesday Wednesday Thursday	12:30 pm 12:30 pm 12:30 pm 12:00 pm	Exercise (Class) Wood/Straw Tai Chi Sounds of the Past (English)	PASATIEMPO Mon./Wed./Fri. Wednesday Thursday Monday	9:30 am 9:30 am 9:00 am 12:30 pm
Board Games Ceramics (beg.) Ceramics (Adv.) Bingo Leatherwork Art Technique	EDGEWOOD Mon. thru Fri. Monday Tuesday Tuesday Wednesday Thursday	10:00 am 1:00 pm 1:00 pm 12:30 pm 1:00 pm 1:00 pm	Art Exercise Liquid Embroidery Ceramics Bingo	RIO EN MEDIO Tuesday Wednesday Wednesday Wednesday Wednesday	10:00 am 9:30 am 10:00 am 10:00 am 12:30 pm
Bingo Weaving Open Arts & Crafts Shopping/Errands	EL RANCHO Mon./Wed. Mon./Wed. Thursday Thursday	12:00 pm 9:00 am 12:00 pm 12:00 pm	Weaving Ceramics Open Crafts Exercise Wood/Straw Shopping/Errands Exercise	SANTA CRUZ Tuesday Monday Tuesday Thursday Tuesday Thursday Tuesday	9am/12:30pm 12:30 pm 9:00 am 12:00 pm 12:30 pm 12:00 pm 10:00am
Coffee Pool/Cards Liquid Embroidery Sounds of the Past Sing-A-Long (Sp.) Guitar Lessons Bingo Movie Day Exercise	LUISA Mon. thru Fri. Mon. thru Fri. Monday Mon. Tuesday Wednesday Friday Last Wed. of Month Friday	8:00 am 8:00 am 9:00 am 12:30 am 11:45 am 9:00 am 1:00 pm 1:00 pm 9:30 am	Bd. Games/Cards Coffee Bingo Art Technique Open Crafts Exercise Toastmasters	VENTANA DE VIDA Mon. thru Sat. Mon. thru Fri. Monday Tuesday Friday Wed./Fri. Monday	10:00 am 11:00 am 4:00 pm 1:15 pm 1:15 pm 8:30 am 6:30 pm
Guitar (Beg.) Exercise (Open) Pool/Cards Hospice Crafts Bingo Ceramics Wood/Straw Quilting Spanish Sing-A-Long Line Dancing Knitting	M.E.G. Mondays Mon. thru Fri. Mon. thru Fri. Monday Mon./Wed. Wed./Fri. Thursday Tuesday Wed./Fri. Friday Friday	9:00 am 8:00 am 8:00 am 1:00 pm 1:00 pm 9:30 am 9:30 am 10:00 am 11:30 am 1:30 pm 2:30 pm	Coffee Ceramics Open Crafts Bingo Wood/Straw Exercise	VILLA CONSUELO Mon. thru Fri. Mon./Wed. Mon./Wed./Fri. Tues./Thur. Wednesday Friday	8:00 am 9:30 am 9:00 am 11:00 am 1:00 pm 10:00 am

Classes are subject to change or cancellation. For more information, please call 955-4725.

ACTIVITIES *schedule by class*

All activities are free of charge and open to eligible seniors with a senior center membership ID card.
Classes are held at Santa Fe County and City of Santa Fe Senior Centers. See inside cover.

ART CLASS

Edgewood	1:00 pm	Thursday
Ventana de Vida	1:15 pm	Tuesday
Rio en Medio	10:00 am	Tuesday

BINGO

El Rancho	12:00 pm	Mon./Wed.
Luisa	1:00 pm	Friday
M.E.G.	1:00 pm	Mon./Wed.
Rio en Medio	12:30 pm	Wednesday
Ventana de Vida	4:00 pm	Monday
Villa Consuelo	11:00 am	Tue./Thur.
Edgewood	12:30 pm	Tuesday

BOARD GAMES

Edgewood	10:00 am	Mon. thru Fri.
Ventana de Vida	10:00 am	Mon. thru Sat.

CERAMICS

Chimayo	12:30 pm	Wednesday
Edgewood (Beginner)	1:00 pm	Monday
Edgewood (Advanced)	1:00 pm	Tuesday
Rio en Medio	10:00 am	Wednesday
Santa Cruz	12:30 pm	Monday
Villa Consuelo	9:30 am	Mon./Wed.
M.E.G.	9:30 am	Wed./Fri.

COFFEE

Luisa	8:00 am	Mon. thru Fri.
Ventana de Vida	11:00 am	Mon. thru Fri.
Villa Consuelo	8:00 am	Mon. thru Fri.

CROCHET/EMBROIDERY/KNITTING

Luisa (Liquid)	9:00 am	Monday
Rio en Medio (Liquid)	10:00 am	Wednesday
M.E.G. (Knitting)	2:30 pm	Friday

EXERCISE

M.E.G. (Open)	8:00am-4:30pm	Mon. thru Fri.
Pasatiempo	9:30 am	Mon./Wed./Fri.
Ventana de Vida (Class)	8:30am	Wed./Fri.
Santa Cruz	10:00 am	Tuesday
Rio en Medio	9:30 am	Wednesday
Santa Cruz	12:00 am	Thursday
Luisa	9:30 am	Friday
Villa Consuelo	10:00 am	Friday

GUITAR (Beginner)

M.E.G.	9:00 am	Monday
Luisa	9:00 am	Wednesday

LEATHERWORK

Edgewood	1:00 pm	Wednesday
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MOVIE DAY

Luisa	1:00 pm	Last Wed.
M.E.G.	12:45 pm	TBA

OPEN ARTS & CRAFTS

Chimayo	12:30 pm	Tuesday
El Rancho	12:00 pm	Thursday
Santa Cruz	9:00 am	Tuesday
Villa Consuelo	9:00 am	Mon./Wed./Fri
Ventana de Vida	1:15 pm	Friday

POOL/CARDS

Luisa	8:00 am	Mon. thru Fri.
M.E.G.	8:00 am	Mon. thru Fri.

QUILTING/SEWING

M.E.G.	10:00 am	Tuesday
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SING-A-LONG

Luisa	11:45 am	Tuesday
Pasatiempo (English)	12:30 pm	Mon.
M.E.G. (Spanish)	11:30 am	Wed./Fri.

TAI CHI

Pasatiempo	9:00 am	Thursday
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WEAVING

El Rancho	9:00 am	Wednesday
Santa Cruz	9am/12:30pm	Tuesday
Chimayo	12:30 pm	Monday

WOOD/STRAW APPLIQUE

M.E.G.	9:30 am	Thursday
Pasatiempo	9:30 am	Wednesday
Santa Cruz	12:30 pm	Tuesday
Villa Consuelo	1:00 pm	Wednesday

TOASTMASTERS

Ventana de Vida	6:30 pm	Monday
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ACTIVITIES



July Birthday Celebrations

Join us in celebrating those with a birthday this month:

Ventana de Vida Senior Center on Friday, July 14th at 11:30 a.m., Mary Esther Gonzales Senior Center on Friday, July 21st at 11:30 a.m., Santa Cruz Senior Center on Tuesday, July 18th at 11:30 a.m., El Rancho Senior Center on Wednesday, July 19th at 11:30 a.m., Edgewood Senior Center on Thursday, July 27th at 12:00



Listen each weekday morning at 6:50 a.m. to hear the daily lunch menu and special events happening at the senior centers. ¡Gracias, Que Suave!



Thursday, July 20th
Fraternal Order of Eagles
833 Early Street
1:00 to 4:00 p.m.
Featuring: Los Coronados
de Albuquerque
\$2.00 Admission
Bring your Senior Center ID Card.

NEW Progressive Bingo!

Ventana de Vida Senior Center
Mondays, 4:00 p.m. to 6:00 p.m.
Come try your chance at our progressive jack-pot bingo. In addition to the jack-pot, you can try your chances at our Progressive Pot! Come see what all the buzz is about!

Centers Closed

All senior centers will be closed on Tuesday, July 4th in observance of Independence Day.



Mobile Health Fair Van

Need healthcare? No problem. Providing FREE: health assessments, health education; finding affordable healthcare in your community; Medicaid registration; and answers concerning eligibility for many payment options. Se habla Espanol. Sponsored by Santa Fe County, St. Vincent Regional

medical Center & Presbyterian Medical Services.
FREE for ANY AGE

El Rancho: Wednesday, July 5, 10:00 to 2:00
Chimayo: Wednesday, July 12, 10:00 to 1:00
Villa Consuelo: Tuesday, July 18, 9:00 to 3:30
Mary Esther Gonzales: Wednesday, July 19, 9:00 to 3:30
Luisa: Monday, July 24th, 9:00 to 2:00
Edgewood: Tuesday thru Thursday, July 25, 26 & 27, 10:00 to 2:00
Exercise classes on Fridays: 9:30 at Luisa and 1:00 at Villa Consuelo also sponsored by the Van.

Bake Sale / Yard Sale

Saturday, July 22nd, 2006
Santa Cruz Senior Center
9:00am to 3:00pm
We invite you to come have a Frito Pie while you shop for hand made crafts and other selection of items you may be looking for.
If you would like to be a vendor, you can contact Judy Maes at (505) 753-4381 or Bernie Jaramillo at (505) 753-3399.
6' tables = \$10.00 (may be shared)
Spaces are limited
Payment must be received a week in advance of sale.
Hope to see you there!

Villa Consuelo Senior Center Pancake Breakfast & Bake Sale

Advance Tickets are available at Villa Consuelo.
Saturday, July 8th
8:00 a.m. to 11:00 a.m.
Tickets: \$2.50 for Adults
Children under 12: \$1.50

ACTIVITIES

Senior Art Spotlight

The Edgewood Senior Center Art Class display of paintings for the month of July will be big, medium and small floral designs. We are excited to try new subjects each month. Everyone is welcome at Edgewood Senior Center from 9 to 4 Monday through Friday. The art class invites you to come see our show of all kinds of floral artwork.

We will have paints displayed by twelve to fifteen artists, from traditional style to impressionistic style for you to enjoy. As a class we have worked in learning new techniques of acrylic painting. There will be oils and watercolors as well.



Senior Centers' Barbeques



Barbecues are held at Senior Centers as the lunch for that day. Join us!

M.E.G.: Thursday, July 6

Rio en Medio: Thursday, July 13

Ventana de Vida: Wednesday, July 19

Villa Consuelo: Wednesday, July 26

Santa Cruz: Tuesday, August 1

Chimayo: Wednesday, August 9

Pasatiempo: Date TBA

Lunch is \$1.50 suggested donation

Please bring your Senior ID Card.

Pasatiempo Update!

The Pasatiempo Senior Center is open for catered lunch Monday through Friday from 10:45 a.m. to 12:30 p.m. for a \$1.50 suggested donation. Activities such as exercise, Tai Chi, Wood Carving/Straw Appliqué, and Sing-a-Long have resumed as of Monday, June 19th. Come join us!

Bus Day Trip to Aquarium & Botanical Garden

The **RIO GRANDE BOTANIC GARDEN** is a lush and peaceful oasis in the desert. Its features encompass 20 developed acres, including a 10,000 square foot glass conservatory, the seasonal PNM butterfly Pavilion, and the Heritage Farm.



The **ALBUQUERQUE AQUARIUM** takes visitors on a journey down the Rio Grande from Albuquerque to its mouth in the Gulf of Mexico. Fresh water riverine, estuarine, surf zone, shallow waters, coral reefs, open-ocean and deep ocean species are represented along the way, with other surprising highlights.

LUNCH: You may bring your sack lunch and eat in a shaded area in the park, or dine at The Shark Reef Café. (No personal food or lunches may be brought into the buildings.)

WALKING: The walking distance through the aquarium and garden is about 1.6 miles

WHEN: Friday, July, 28th

TRANSPORTATION FEE: \$4.00 per person

ENTRANCE FEE: \$7 for Adults 13 - 64 years (Includes both parks) \$3 for Seniors 65 and older

TIME: Leave MEG Center 8:15 a.m., return approximately 4:00 p.m.

Call 955-4721 to reserve your space! *The first 50 people who pay their transportation fee will be guaranteed a space.*

Emergency Planning

Don't miss this 45 minute class, it could save your life! Get valuable information on: When to call 911; When to go to urgent care; Signs and symptoms of a heart attack; and Signs and symptoms of a stroke. Receive your FREE packet for life!

Class is Thursday, July 13th at 12:30

Call 955-4721 to reserve your space. Presented by Angela Thorndike of the Mobile Health Fair Van.

ACTIVITIES

Senior Center Spotlight

The Edgewood Senior Center is located in the southeast end of Santa Fe County. It is booming with activity! The members are always planning events such as art shows, holiday fairs, yard sales and any excuse to have a party. At any time, you can find beautiful displays of crafts & art work such as ceramics, leatherwork or paintings. Edgewood's Arts & Crafts instructors take pride in sharing their talents, which is truly appreciated. Sewing, embroidery and knitting groups allow seniors to socialize and learn from each other. Bingo, sing-along and exercise are other popular activities. Educational presentations are important, and are scheduled occasionally. In the midst of all the goings-on, lunch, of course, is served Monday through Friday. The Friendship Garden has come together in the past couple of years through the great efforts of volunteers. They have worked very hard in planning, weeding, watering, and caring for the garden.

We thank and appreciate all volunteers...they help make the center a welcoming place. Come and visit our center, where there is always something for everyone!



Movie Days

Luisa Senior Center

Wednesday, July 26th
1:00 p.m.

"The Pink Panther" Starring Steve Martin as Inspector Jacques Clouseau. This movie is loosely based on the 1964 Peter Sellers original film, where Inspector Jacques Clouseau must solve the murder of a famous soccer coach and find out who stole the infamous Pink Panther diamond; a highly enjoyable and funny film! Runtime: 93 minutes; Comedy / Mystery



MEG Senior Center

New DVD Player and Projector!

Theater-style screen
Friday, July 21st
12:30 p.m.



Re-Showing of "The Chronicles of Narnia: The Lion, the Witch and the Wardrobe" Based on the classic novel by CS Lewis. During the peak of World War II, four London children are sent to live with an eccentric professor in his country home. Peter, Susan, Edmund, and Lucy find their way through an old, magical wardrobe into the world of Narnia. There, they discover their prophesized destinies and unite with Aslan, the benevolent lion, to fight the White Witch and save Narnia from perpetual Darkness. Rated PG; Runtime: 140 minutes; Fantasy / Family / Action / Adventure

Eye Glasses

On Tuesdays, from 9:30 to 4:00 you can come to the Mary Esther Gonzales Senior Center for convenient, on-site filling of prescription eye-ware at wholesale prices. There will be a wide choice of frames at 1/3 the cost of most stores. They are fully guaranteed for one year. Bring in your prescription on Tuesdays, by appointment only.

For more information, call 424-1035.

SENIOR OLYMPICS SPOTLIGHT

A Salute to Our Super Seniors

I would like to take this opportunity to congratulate all of the Senior Olympians who participated in our local events this year. You were all a sight to behold and an inspiration to all who saw you. This year we had participants ranging in age from just barely turned 50 to 96 years old. We had a bunch of new timers and many of our old-timers. Not to mention, there was a lot of camaraderie among many of our Olympians. All in all it was a lot of fun.

It took a lot of hard work and coordination and I thank all those Senior Olympians who stepped up to the plate, especially my wonderful event managers. We could not have pulled off our local events without all of you. As my grandfather would say, "Tanks a meelion!!" Our event managers and senior volunteers deserve honorable mention:

Walter Backus	Basketball Free Throw, Racquetball, Track and Field and Recreational Events
Walter Backus and Bill Black	Air Gun
Joyce Montoya	Badminton, Tennis, and Volleyball
Johnny Roybal	Bowling, Horse shoes
Karin Roth	Cycling
Jerry Bower	Eight Ball Pool
Joseph Armbruster	Racewalk
Art Baca	Golf
Ben Mendoza	Shuffleboard
Sheryl Zeigler	Softball
Dick Roth	Swimming
Barbara Hutchison	Table Tennis
Joyce Montoya, Pauline Orosco and George Simon	Tennis
Arlene Mayer Laura Lujan	Medal Distribution Administrative Assistance, Events Assistant, and Guardian Angel

The City of Santa Fe Senior Olympics Advisory Committee Members:

Arlene Mayer	Chairperson
Ann Aceves	Secretary
Laura Lujan	Treasurer
Art Baca	Member
David Kirkwood	Member
Joyce Montoya	Member
Pauline Orosco	Member
Karin Roth	Member
Sheryl Zeigler	Member



Senior Olympic medal winners James Smock and his father, Leonard Smock

And just when we think we can wind down and relax, along comes the New Mexico Senior Olympics State Games. They will be held in Albuquerque from August 2 to August 6, 2006. Registration ended in Santa Fe on June 20, 2006. I know you will all join me in rooting for our local Olympians at the State Games. They need your thoughts and good wishes.

I hope that a lot more of you will think about joining Senior Olympics next year. It is a whole lot of fun and more importantly, studies show that the more active you are, the longer and healthier your life will be.

Hasta luego,
Carmen

Santa Fe Senior Olympics 2006 Results

A booklet with all the results and scores for the 2006 Santa Fe events will be available August 1, 2006. Stop by the MEG Senior Center for your copy.

Rx-America Group, Inc.

Rx-America Group, Inc. is a non- profit organization that will help locate prescription medication that is discounted from 30-90%. This **FREE** service is currently offered to help lower prescription medication costs. Persons that qualify:

- Seniors (who do not have medical and/or prescription insurance)
- Persons without medical insurance
- Persons with limited coverage insurance or who have exceeded maximum allowable co-payment on your insurance
- Medicare recipients
- Medicaid recipients

Through internet service, **Rx- America Group, Inc.** will research, locate and obtain your prescription medication from certified pharmaceutical companies throughout Canada and other countries.

This service is for location of discounted doctor prescribed medication only and is not for diagnosing or treating your health care problems or disease, or to prescribe medication.

To schedule an appointment with the Rx-America Director, Andres Romero, call Senior Services at 955-4721.

To obtain a **FREE** prescription search, fill out this form (please print) and mail to
 Director, c/o Rx-America Group, Inc., P.O. Box 31753, Santa Fe, NM 87594.

Name _____ Address _____

City, State Zip _____

Telephone Number _____ Best Time to Call _____

Prescription _____ Dosage (ml. or mg.) _____

Prescription _____ Dosage (ml. or mg.) _____

Additional prescriptions may be written on a separate blank sheet of paper attached to this one.

HEALTH

BLOOD PRESSURES, BLOOD SUGAR AND OXYGEN LEVEL TESTS

All tests are free and open to anyone age 60 or over. Following the tests is a brief, free medical consultation, based on test results. Tests are conducted by Joanne M. Valdez, RN, BSN, (all city centers), Valerie Dorcy, RN, Lynn Berger, RN, and Frances Vigil, RN, (county centers) on the following dates:

M.E.G. Center - Second Tues. (Not July 4)	July 11	11:00 a.m. to 12:00 noon
Luisa Center - First Thurs.	July 6	11:00 a.m. to 12:00 noon
Villa Consuelo Center - Second Thurs.	July 13	10:00 a.m. to 11:00 a.m.
Ventana de Vida Center - Third Thurs.	July 20	11:00 a.m. to 12:00 noon
Edgewood Center - Every Thurs.	July 6, 13, 20, 27	1:00 p.m. to 3:00 p.m.
El Rancho Center - Second Tues.	July 11	10:00 a.m. to 12:00 noon
Santa Cruz Center - Third Wed.	July 19	11:00 a.m. to 1:00 p.m.

HEALTH

Senior Fitness

(By Jim Evans)

When Heart Patients Choose Medication Over Lifestyle Changes

Q: My wife has been hospitalized – I don't know how many times – for heart problems over the past several years. All this time her doctor has been trying to convince her to exercise and lose some weight, but instead, she just asks him for another prescription to make her feel better. She pops her pills without a miss, but she won't walk as far as the mailbox and is getting as big as a house. In fact, she has become almost totally bedridden. We've been married for more than 50 years. I care for her very much and don't want to lose her. What can I do to help her?

A: It is time for you to take charge or your wife's condition will only continue to deteriorate, and her quality of life will diminish with her deteriorating physical condition.

Surprisingly, your wife's attitude is not unique. According to a recent article in the *European Heart Journal* (27:434, February 2006), researchers monitored several hundred heart patients to determine if they would make the necessary lifestyle changes to improve their symptoms or prevent future hospitalizations. They found that more than 90% complied with taking medications and keeping their doctor appointments, BUT only 39% engaged in exercise. Unfortunately, it seems most heart patients would rather take the easy way out than take any responsibility for their own recovery.

What can you do? Check with your wife's physician to see how many of her medications are absolutely necessary and have him/her check the dosage levels on each. If your wife has gained weight since she first started taking some of her prescriptions, she might be storing some of the medication in the fat cells of her body, and it might be prudent to reduce the dosages of some prescriptions to adjust to her slower metabolism.

Ask the doctor about the possibility of prescribing a mild anti-depressant to elevate her mood and, perhaps, improve her attitude about increasing her physical activity. Exercise produces its own natural anti-depressants that can have a positive effect on

her mental and physical well-being, but she may need something from the doctor to help get her started.

And, finally, encourage your wife to stand in front of the couch or her bed and just walk in place. Hold her hand and walk with her at first to build her confidence and share in the experience. Engage in conversation to distract her from the task at hand and, if you run out of things to talk about, turn on the TV. Try to walk in intervals of 5-10 minutes, gradually increasing the time until she can walk unassisted for 20-30 minutes at a time. As soon as she is able, start walking outdoors. Hold hands and go for a walk around the block, through the park, on the beach, or in the shopping mall. Compliment her and encourage her every step of the way. She should start feeling better within a few weeks as her mobility and energy level improve, and your relationship should be stronger because of it.

Now is the time for you to be proactive with the tender, guiding touch that only a spouse or significant other can provide. Love and affection combined with lots of patience can sometimes accomplish great things if channeled in the right direction instead of languishing in frustration.

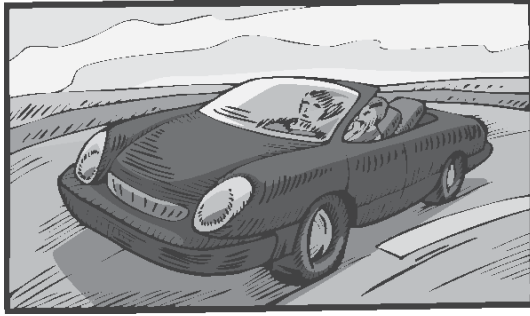
4 Simple Ways to Say "Thank You" It Will Make You feel Better

(From *Arthritis Today* March-April 2003)

Sometimes thanks don't come easily, especially when we feel dependent or when pain is biting. But "thank you" connects us to people we love and refocuses our gratitude. Below are loving, simple ways to share your appreciation.

1. Create a ready-to-go card. Ask a stationery store to print up cards carrying a short message of thanks. Keep cards handy to sign and send.
2. Stockpile small gifts to give on the spur of the moment. Such gifts say "I know you; I'm thinking about you".
3. Bake your thanks. Take a batch of cookies to the doctor the next time you visit. Walk in with those goodies, and you won't have to say a word.
4. Small gestures. If a friend helps you out on a difficult day, squeeze her hand when she leaves, pat her on the arm or give her a hug. She'll know exactly what you're saying.

SAFETY



Travel Preparation and Safety

(From the Albuquerque Police Department)

There are traditional times each year that many of us choose to travel to see family and friends as well as enjoy a vacation. Generally, when we go on trips we are less likely to focus on our surroundings and safety. The following tips on car, hotel, and motel safety should be observed during a trip.

- Always be aware of your surroundings and trust your instincts.
- Lock all personal items in the trunk or away from view.
- Roll up car windows, lock doors and take your keys.
- Park in well-lit areas with a lot of activity. Park as close to an entrance as possible
- Rooms should have solid core or metal doors and an eye viewer. Change rooms if these items are worn out or not functioning properly.
- Always verify who's at your door. If you are not expecting a visitor, call the front desk if the person claims to be with the facility and do not open the door to strangers or solicitors.
- If you observe suspicious behavior, notify hotel/motel personnel or call the police.
- Look for establishments that have unit doors and walkways enclosed as well as electronic card access verses the outdated door key.
- Turn on the TV or radio when you are away from the room and leave a light on.

Enjoy your trip!

Shelter in Place

(From the American Red Cross)

Note: Large-Scale Disasters are very unlikely, but it is always best to be prepared.

If you are advised by local officials to "shelter in place," what they mean is for you to remain inside your home or office and protect yourself there. Close and lock all windows and exterior doors. Turn off all fans, heating and air conditioning systems. Close the fireplace damper. Get your disaster supplies kit*, and make sure the radio is working. Go to an interior room without windows that's above ground level.



In the case of a chemical threat, an above ground location is preferable because some chemicals are heavier than air, and may seep into basements even if the windows are closed. Using duct tape, seal all cracks around the door and any vents into the room. Keep listening to your radio or television until you are told all is safe or you are told to evacuate. Local officials may call for evacuation in specific areas at greatest risk in your community.

However, listening to local radio and television reports will provide you with the most accurate information from responsible governmental authorities on what's happening and what actions you will need to take.

Another useful preparation includes learning some basic first aid. To enroll in a first aid and AED/CPR course, contact your local American Red Cross chapter. In an emergency situation, you need to tend to your own well being first and then consider first aid for others immediately around you, including possibly assisting injured people to evacuate a building if necessary.

* We will outline the ingredients for a disaster supply kit in the August newsletter.

PUZZLES

2

by Susan Harrington Smith

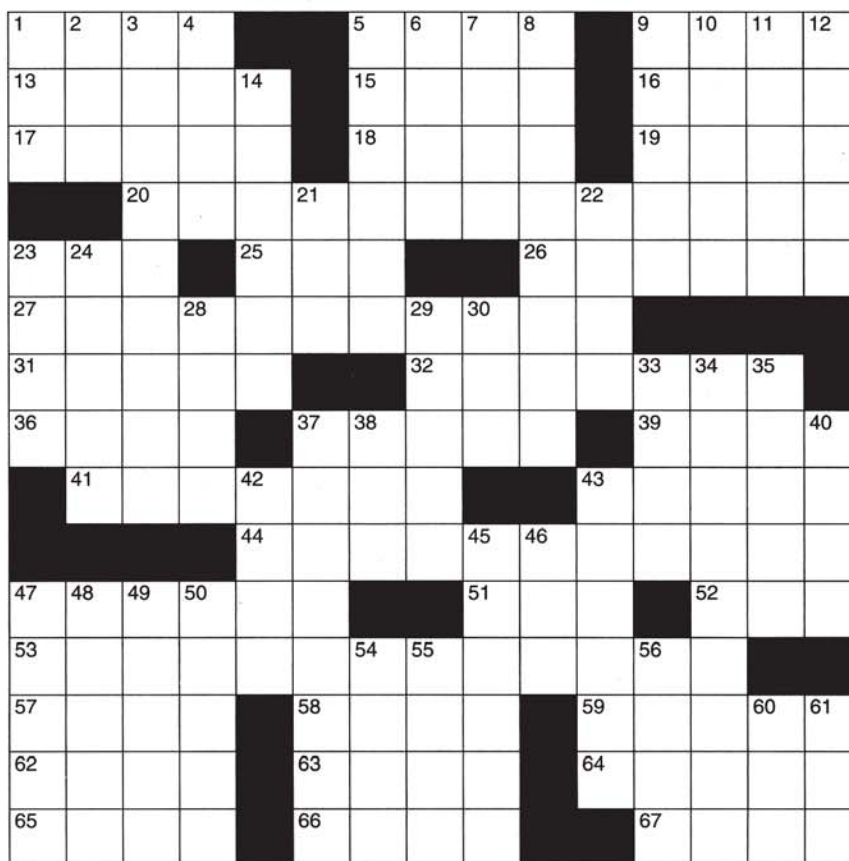
ACROSS

- 1 Shells, for short
 5 "Not on ___!"
 9 Mark left by Zorro?
 13 Instrument for an étude
 15 Pre-stereo
 16 Dramatic entrance announcement
 17 Bloopers
 18 Verve
 19 Hertz rival
 20 Little guy getting the third degree?
 23 Wee, to Burns
 25 "Gosh!"
 26 Kind of crew
 27 Neatly combed curmudgeon?
 31 Hunter in the night sky
 32 Lamp type
 36 Filmmaker Jacques
 37 Lesley of "60 Minutes"
 39 ___ Penh, Cambodia
 41 Ropes, as a dogie
 43 Cartoon "Mr."
 44 Gambling locale for the taciturn?
 47 French dramatist Antonin ___
 51 Sounds from Santa
 52 Fishing aid
 53 Bright-red unglazed china?
 57 They may clash in business
 58 Shower
 59 Addicts
 62 Letter for Gandalf
 63 Tied
 64 Sign up
 65 Caddie's bagful
 66 Withhold, as funds
 67 Concerning

DOWN

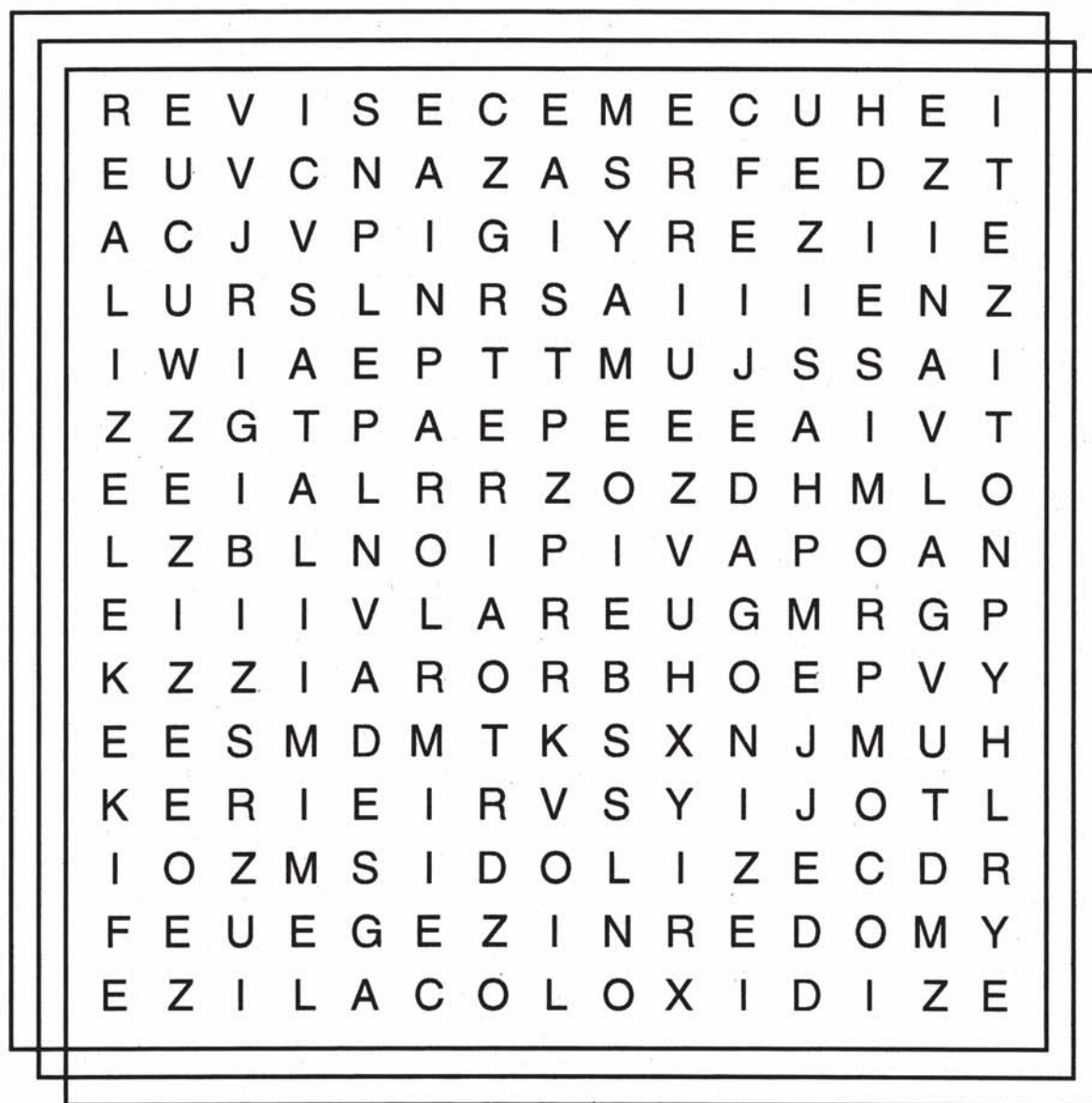
- 1 Mimic
 2 Russian space station
 3 Tequila drink
 4 ___ about (circa)
 5 Sauntered
 6 Word with crashing or tidal
 7 Sir Geraint's wife
 8 Like Cinderella's slipper, to her stepsisters
 9 Jump involuntarily
 10 Quibble
 11 "... can you spare ___?"
 12 Grating
 14 Beginning
 21 Jeans brand
 22 Tramp
 23 Robert Burns, for one
 24 Subway artwork
 28 Louis-Philippe and others
 29 Gulf
 30 "Yay, team!"
 33 3.7 and 4.0, e.g.
 34 Train V.I.P.'s
 35 Nary a soul
 37 Fused
 38 4:00 gathering
 40 No longer worth discussing
 42 Hare's tail
 43 Poe's "The ___ of the Red Death"
 45 Climb, in a way
 46 Fortune 500 listings: Abbr.

- 47 On the qui vive
 48 Scamp
 49 Dinner leftover for Bowser
 50 Donkeys
 54 Carry on
 55 "Très ___!"
 56 Annapolis sch.
 60 Twaddle
 61 ___-pitch softball



PUZZLES

...ISE/...IZE



W-0129

ADVERTISE
AGONIZE
APPRISE
CAPSIZE
COMPROMISE
CRYSTALLIZE

EMPHASIZE
FORMALIZE
FRATERNIZE
GALVANIZE
HYPNOTIZE
IDOLIZE

IMPROVISE
JEOPARDIZE
LEGALIZE
LOCALIZE
MAGNETIZE

MEMORIZE
MODERNIZE
OXIDIZE
REALIZE
REVISE

PUZZLE ANSWERS

A	M	M	O			A	B	E	T		S	C	A	R
P	I	A	N	O		M	O	N	O		T	A	D	A
E	R	R	O	R		B	R	I	O		A	V	I	S
		G	R	I	L	L	E	D	S	H	R	I	M	P
S	M	A		G	E	E			M	O	T	L	E	Y
C	U	R	R	I	E	D	C	R	A	B				
O	R	I	O	N			H	A	L	O	G	E	N	
T	A	T	I		S	T	A	H	L		P	N	O	M
	L	A	S	S	O	E	S			M	A	G	O	O
				C	L	A	M	S	C	A	S	I	N	O
A	R	T	A	U	D			H	O	S		N	E	T
L	O	B	S	T	E	R	B	I	S	Q	U	E		
E	G	O	S		R	A	I	N		U	S	E	R	S
R	U	N	E		E	V	E	N		E	N	R	O	L
T	E	E	S		D	E	N	Y		A	S	T	O	

R	E	V	I	S	E	C	E	M	E	C	U	H	E	I
E	U	V	C	N	A	Z	A	S	R	F	E	D	Z	T
A	C	J	V	P	I	Q	I	Y	R	E	Z	I	E	
L	U	R	S	L	N	R	S	A	I	I	E	N	Z	
	W	I	A	E	P	T	T	M	U	J	S	S	A	T
Z	Z	G	T	P	A	E	P	E	E	E	A	V	T	
E	E	I	A	L	R	R	Z	O	Z	D	H	M	L	O
L	Z	B	L	N	O	I	P	I	V	A	P	O	A	N
E	I	I	I	V	L	A	R	E	U	G	M	R	G	P
K	Z	Z	I	A	R	O	R	B	H	O	E	P	V	Y
E	E	S	M	D	M	T	K	S	X	N	J	M	U	H
K	E	R	I	E	I	R	V	S	Y		J	O	T	L
I	O	Z	M	S	I	D	O	L	I	Z	E	C	D	R
F	E	U	E	G	E	Z	I	N	R	E	D	O	M	Y
E	Z	I	L	A	C	O	L	O	X	I	D	I	Z	E

SENIOR CENTER LUNCH MENU

JULY 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SALISBURY STEAK BROWN GRAVY WITH MUSHROOMS STUFFING MIXED VEGGIES ROLL MILK YOGURT	4 ALL CENTERS CLOSED IN OBSERVANCE OF INDEPENDENCE DAY!!	5 FISH WEDGE TOMATO MACARONI CALIF. VEGGIES ROLL MILK BANANA	6 MEAT LOAF CREOLE SAUCE STEAMED RICE ORIENTAL VEGGIES ROLL MILK PLUMS	7 CHICKEN & RICE CASSEROLE PEAS & CARROTS CUCUMBER & TOMATO SALAD ROLL / MILK CHOCOLATE PUDDING
10 FRIED CHICKEN MASHED POTATOES CREAM GRAVY GREEN BEANS COLE SLAW W/WHEAT BREAD MILK APPLE	11 RED CHILE PORK CHOPS ASPARAGUS POTATOES AUGRATIN ROLL MILK SWEET RICE	12 BEEF STIR FRY FRIED RICE ORIENTAL VEGGIES EGG ROLL MILK ORANGE	13 GREEN CHILE CHEESE BURGER GARNISH FRENCH FRIES CARROT & RAISIN SALAD MILK PINEAPPLE BITS	14 ROAST BEEF MASHED POTATOES BROWN GRAVY WITH MUSHROOMS 5 - WAY VEGGIES ROLL MILK BROWNIE
17 CHICKEN TENDERS RICE PILAF GREEN BEANS COLE SLAW BISCUIT MILK OATMEAL RAISIN COOKIE	18 (2) CRUNCHY BEEF TACOS / GARNISH PINTO BEANS SALSA & SOUR CREAM MILK DICED PEARS	19 HONEY GLAZED HAM YAMS ASPARAGUS BEET SALAD ROLL MILK GRAPES	20 TURKEY ROAST STUFFING MIXED VEGGIES TURKEY GRAVY ROLL MILK DICED PEACHES	21 TUNA SALAD BOILED EGG TOMATO WEDGES POTATO CHIPS CRACKERS MILK 1/2 GRAPEFRUIT
24 CHICKEN FRIED STEAK MASHED POTATOES GRAVY SPINACH COLESLAW ROLL / MILK NUTRI-GRAIN BAR	25 HOT DOG TATER TOTS CORN CUCUMBER SALAD MILK APPLESAUCE	26 BBQ CHICKEN POTATOES O' BRIEN CALIF. VEGGIES ROLL MILK COTTAGE CHEESE WITH PINEAPPLE	27 BEEF TOSTADA GARNISH REFRIED BEANS CALABACITAS MILK JELLO	28 SPAGHETTI WITH MEATBALLS ITALIAN VEGGIES TOSSED SALAD GARLIC TOAST MILK CHERRY CRISP
30 COOK'S CHOICE				

* On July 19th, Meals on Wheels will receive potato salad instead of cup of soup.

Please note: Senior Meal Suggested Donations: Breakfast \$1, Lunch \$1.50

Non-Senior (under 60) Meal Fees: Breakfast \$3, Lunch \$4.25

If you eat meals at any Senior Center, you must fill this out annually and give it to your Senior Center Cashier

Determine Your Nutritional Health

Instructions: Read the statements below. Circle the number in the yes column for those that apply to you. Add up the numbers to check your nutrition score.

Date: _____

Nutrition Checklist	Yes	No
Have you made changes in lifelong eating habits because of health problems? (such as diabetes, high blood pressure, etc.)	2	0
Do you eat fewer than 2 complete meals a day?	3	0
Do you eat fewer than 5 servings (1/2 cup each) of fruit or vegetables every day?	1	0
Do you have fewer than 2 servings of dairy products (such as milk, yogurt, cheese) or tofu every day?	1	0
Do you have any of the following problems that make it difficult for you to eat? Biting____ Chewing____ Swallowing____	2	0
Are there times when you do not have enough money to buy the food you need?	4	0
Do you eat most meals alone?	1	0
Do you take 3 or more prescribed or over-the-counter medications each day? (including aspirin, laxatives, antacids, herbs, inhalers, etc.)	1	0
Have you lost or gained 10 pounds or more in the last 6 months without trying? Loss____ Gain____	2	0
Are there times when you are not physically able to do one or more of the following? Shop for food____ Cook____ Eat on your own____	2	0
Do you have 3 or more drinks of beer, wine or liquor almost every day?	2	0
Total Score Today		0

What does your score mean? If it's:

- 0-2 Good!** Recheck your score in 1 year for Congregate Consumers and 6 months for Home Delivered Consumers.
- 3-5 You are at moderate nutritional risk.** See what you can do to improve your eating habits and lifestyle. Your office on aging, senior nutrition program, senior citizens center, health department and/or physician can help. Recheck your nutritional score in 6 months for Congregate Consumers and 3 months for Home Delivered Consumers.
- > 6 You are at high nutritional risk.** Refer to your doctor, dietitian or other qualified health or social services professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health. Recheck your score in 3 months.

Comments and referrals:

Print Name (PRINT): _____

Senior I.D. #: _____ Phone #: _____

Signature: _____ Date: _____



City of Santa Fe
Division of Senior Services
200 Lincoln Ave.
Santa Fe, New Mexico 87504-0909

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